

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No School Winter Break	2 No School Winter Break
5 AM Snack: Organic string cheese with organic wheat crackers Lunch: Cheese tortellini pasta with vegetable and tomato sauce. Side of steamed peas & carrots Vegetarian: Cheese tortellini pasta with vegetable and tomato sauce and a . Side of steamed peas and carrots Dessert: Fresh Cut Fruit Soup: Chicken and rice soup PM Snack: Fresh whole banana	6 AM Snack: Organic blueberry muffin Lunch: Meatballs with mashed potatoes. Side of oven roasted broccoli Vegetarian: White bean,. Mashed potatoes & a side of oven roasted broccoli Dessert: Fresh Cut Fruit Soup: Cream of lentil PM Snack: Organic vanilla yogurt with fresh melon on the side	7 AM Snack: Fresh fruit salad with toasted organic granola Lunch: pulled barbecue chicken, red bean rice, and roasted corn Vegetarian: Barbecue tofu bites, red bean rice, and roasted corn Dessert: Fresh Cut Fruit Soup: Mix vegetables PM Snack: Whole grain bread with cheddar cheese	8 AM Snack: Fresh cut apple with organic vanilla honey whipped cream Lunch: Ground beef, quinoa rice with side of steamed carrots & cauliflower medley Vegetarian: Black bean stew. Quinoa rice & a side of steamed carrots & cauliflower medley Dessert: Fresh Cut Fruit Soup: Tomato Bisque PM Snack: Organic strawberry yogurt with organic granola	9 AM Snack: Organic banana bread Lunch: Baked chicken tenders with a side of elbow pasta with extra virgin olive oil and roasted squash Vegetarian: Baked tofu bites with a side of elbow pasta with extra virgin olive oil and roasted squash Dessert: Fresh Cut Fruit Soup: Cream of broccoli PM Snack: Toddler friendly Trail mix (nut free)
12 AM Snack: Organic oat cereal with organic milk Lunch: Shredded chicken mixed with yellow rice. Side of & steamed peas and carrots Vegetarian: Vegetable medley mixed with yellow rice. Side of steamed peas & carrots Dessert: Fresh Cut Fruit Soup: Lentil soup PM Snack: Fresh watermelon with organic string cheese	13 AM Snack: Organic pumpkin bread Lunch: Ground lean beef, sweet plantains with a side of and roasted broccoli Vegetarian: Refried beans, sweet plantains with a side of roasted broccoli Dessert: Fresh Cut Fruit Soup: Mixed Vegetable Soup PM Snack: Organic vanilla yogurt with sliced orange	14 AM Snack: Baked egg muffin with cheddar cheese Lunch: Whole grain pasta with a tomato cream sauce, and a quinoa and diced cucumber salad Vegetarian: Whole grain pasta with a tomato cream sauce, and a quinoa and cucumber salad Dessert: Fresh Cut Fruit Soup: Cream of Broccoli PM Snack: Whole banana	15 AM Snack: Organic strawberry yogurt with toasted organic granola Lunch: Lemon & herb baked chicken with a side of mashed potatoes. Steamed buttered peas & cauliflower Vegetarian: Lemon chickpea soup, mashed potatoes. Side of steamed buttered peas & cauliflower Dessert: Fresh Cut Fruit Soup: Tomato Bisque PM Snack: Corn muffin	16 AM Snack: Organic blueberry muffin Lunch: Ground turkey in cream sauce with a side of pigeon pea rice & green bean salad Vegetarian: White bean and vegetable soup, with a side of white rice & green bean salad Dessert: Fresh Cut Fruit Soup: Cream of corn PM Snack: Fresh cut pears with raspberry cream cheese on the side

<p>19</p> <p>No School</p> <p>Holiday - MLK Jr.</p>	<p>20</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Asian style beef rice, side of lettuce and shredded carrot with ginger orange dressing</p> <p>Vegetarian: Roasted tofu, side of fried rice & vegetable medley with fresh lettuce and carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of asparagus</p> <p>PM Snack: Fresh banana with organic wheat crackers</p>	<p>21</p> <p>AM Snack: Organic egg salad mixed with organic greek yogurt & organic pita bread</p> <p>Lunch: Whole grain pasta with three cheese sauce, side of white beans & diced cucumbers</p> <p>Vegetarian: Homemade Mac and cheese, Side of white beans & diced cucumbers</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Chicken Noodle soup</p> <p>PM Snack: Fresh cut fruit salad with toasted oats on the side</p>	<p>22</p> <p>AM Snack: Fresh cut apple with a organic honey whipped cream cheese</p> <p>Lunch: Ground turkey mixed with diced peppers and onions, side of white rice.</p> <p>Vegetarian: Ground lentils with peppers and onions, side of white rice & black beans</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Mix vegetable soup</p> <p>PM Snack: Whole grain bread with organic chicken salad</p>	<p>23</p> <p>AM Snack: Organic banana bread</p> <p>Lunch: Kobe beef sliders, baked tots, and side of sliced tomato</p> <p>Vegetarian: Vegetarian patty, home baked fries, side of sliced tomatoes</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of Zucchini</p> <p>PM Snack: Toddler cheese and granola mix</p>
<p>26</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Diced chicken with diced pineapple, side of white rice and sweet plantains</p> <p>Vegetarian: diced tofu with pineapples, side of white rice and sweet plantains</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of carrot</p> <p>PM Snack: Fresh watermelon with organic string cheese</p>	<p>27</p> <p>AM Snack: Fresh fruit salad with pita bread on the side</p> <p>Lunch: Lean ground beef, side of roasted cauliflower and asparagus, and white rice</p> <p>Vegetarian: Refried beans, side of roasted cauliflower and asparagus and buttered corn rice</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of broccoli</p> <p>PM Snack: Vanilla yogurt with açai</p>	<p>28</p> <p>AM Snack: Organic egg salad mixed with organic greek yogurt and naan bread</p> <p>Lunch: whole grain pasta with a fresh herb pesto, grilled chicken bits, and steamed buttered peas</p> <p>Vegetarian: whole grain pasta with a fresh herb pesto, and steamed buttered peas</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of chicken and rice</p> <p>PM Snack: Organic vanilla yogurt with sliced orange</p>	<p>29</p> <p>AM Snack: Organic strawberry yogurt with toasted organic granola</p> <p>Lunch: Wild caught fish sticks, whole grain tortillas, and side of black bean corn and tomatoes, and a side of sour cream</p> <p>Vegetarian: tofu sticks, whole grain tortillas, and a black bean, corn salad with tomatoes, and a side of sour cream</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of cauliflower</p> <p>PM Snack: Fresh cut orange with whole grain crackers</p>	<p>30</p> <p>AM Snack: Organic blueberry Muffin</p> <p>Lunch: Baked chicken tenders, side of mashed potatoes, and buttered corn</p> <p>Vegetarian: Baked plant based chicken tenders, side of mashed potatoes, and buttered corn</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: cheese soup</p> <p>PM Snack: Pineapple, strawberry and fresh blueberry salad</p>